

ABSTRACT

An exercise apparatus used to simulate skating or roller blading movement in a user includes a pair of sleds or shuttles which include a pedal adapted to support the foot of a user standing thereon. The shuttles are movable along a respective guide assembly consisting of one or more rails which curve away from each other extending from proximate forwardmost ends, outwardly and rearwardly. The rail assemblies are provided in a substantially mirror arrangement and curve downwardly from their respective forwardmost ends to a lowermost distal portion. A guide member is provided to assist in positioning and maintaining the shuttles in sliding movement along each guide assembly, whereby the reciprocal sliding movement of the shuttles along an associated guide assembly acts to guide the feet of the user in skating or roller blade movement.

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